

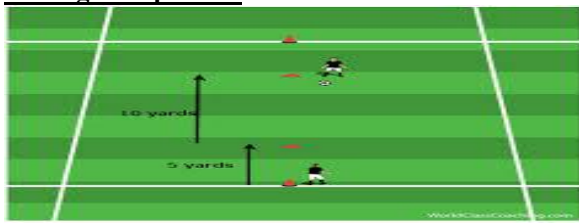




DIAGRAM	ORGANIZATION	KEY COACHING POINTS
Players Dribble in Grid 	<ul style="list-style-type: none"> Same Beginning moves. Keep Change of direction- Adv add step overs and scissors Also add fake step right, left and both, also fake kick and Step on then go. Add Ronaldo Chop and pull scoop and Maradona Juggle- Try to have no spin on the ball Play Freeze Tag 	<ul style="list-style-type: none"> Get the kids used to touching the soccer ball w/ all surfaces of the feet.
1v1 to Goal 	<ul style="list-style-type: none"> One line of attackers with balls and one line of defenders without balls the off lines dribbles and tries to beat the defender and shoot into the pug. 	<ul style="list-style-type: none"> Head up, keep the ball close to you, dribble away from pressure or beat them. Vision and awareness of space to go to.
Passing with partner 	<ul style="list-style-type: none"> There are two players 10 yards apart passing back and forth. Commands- Trap and pass same foot, trap and pass w/opposite foot, 1 touch, Outside/inside, inside/outside, chip B) Pass and Move *Count passes for a minute 	<p>Key is toe up and heel down ankle locked. Can teach advanced passes like outside foot and chip pass. For outside of foot pass the ball should be in middle of stance and hit on the outside of the ball w/outside of foot. Outside foot trap point toe down and lock ankle and push into space.</p>
Passing Numbers 	<p>Divide the team into 2 teams and number them off Like 1 through 5 if you have two teams of 5. So 1 plays to 2 then to 3 then to 4 then to 5 and lastly play back to 1 and then repeat. Players are moving throughout the grid.</p> <p>*Count passes in a minute</p> <p>B) Send 1 player to defend the other team</p>	<p>Key is to have your head up and know where you want to go before receiving. Players off the ball make sure to show up so the player passing you the ball can see you.</p>
Hot Lava 	<p>Divide your team into two teams like if you have 10 players put 5 players in each box. Send two defenders from one grid over to the other and they try to win it and pass back to their grid. If it goes out play a ball goes to the defending teams grid. Off try to get 3-5 passes then play ball to other team's grid for a point.</p>	<p>Key is to quickly move the ball and then find space to play to other grid. Defending working together to win ball then keep it and play into other grid.</p>
SCRIMMAGE: Play an age appropriate scrimmage. Minimize coaching and let the players play and have fun!!		

